

The Hand Book of 5's

Panchtantra
of
Health.



02173

16 OCT 1992

STING

5 Users Of this Book

It is meant for:

1. Health workers
2. Teachers
3. Community leaders
4. Youth
5. You

02173

CH101

COMMUNITY HEALTH CELL
326, V Main, I Block
Koramangala
Bangalore-560034
India

5 ways of using this book

As:

- 1.** A source material for health teaching/learning.
- 2.** Source material for posters.
- 3.** Reminders for health workers.
- 4.** Discussion points for women's community gatherings.
- 5.** As a family guide.

5 points about NOW, the Publisher

- 1.** It is a women's organisation.
- 2.** It is a registered non-profit organisation.
- 3.** It reaches out to women who seek new opportunities.
- 4.** It brings out publications on women and children.
- 5.** It employs unskilled women to mass mail important information.

SAFE MOTHERHOOD

A Pregnant woman should

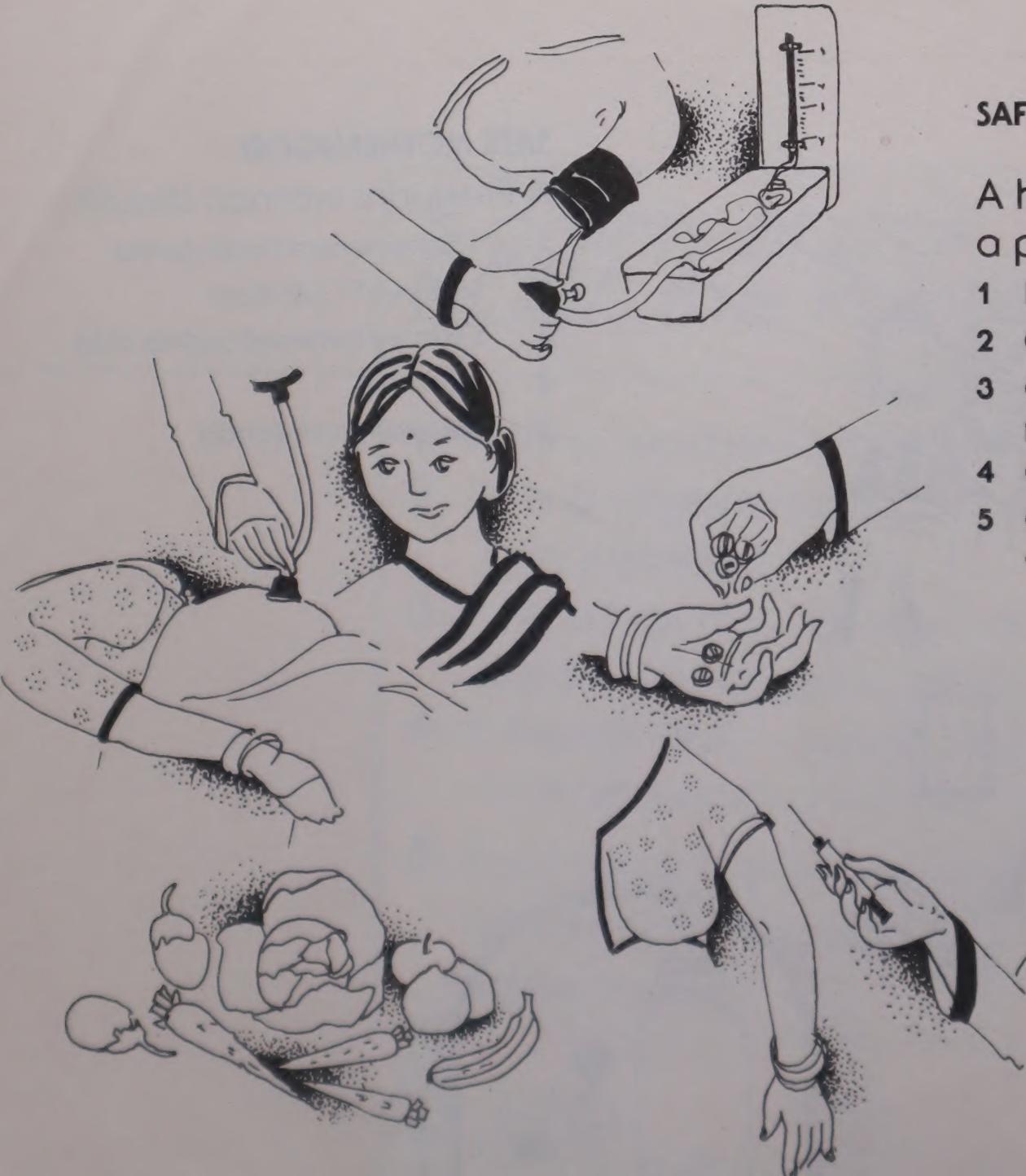
- 1 Visit the nearest health centre
- 2 Take two T.T. injections
- 3 Eat more for herself and her child
- 4 Rest more
- 5 Take iron and folic acid



SAFE MOTHERHOOD

A health centre examining a pregnant woman should

- 1 Do a physical check up and assess risk factors
- 2 Check high blood pressure
- 3 Give iron folic tablets to prevent anaemia
- 4 Give two TT injections
- 5 Give advice on diet in pregnancy and breast feeding



SAFE MOTHERHOOD

Remember, these mothers
are at risk

- 1 Too young (under 18)
- 2 Too old (above 35)
- 3 Too thin (weighing less than 40 kgs)
- 4 Too short (less than 140 cms)
- 5 With too many children (more than 4)



SAFE MOTHERHOOD

5 Danger Signs in pregnancy

- 1 Bleeding from vagina
- 2 Severe headache
- 3 Severe vomiting
- 4 High fever
- 5 Swelling of arms, face or legs

Go to the nearest health centre/hospital



SAFE MOTHERHOOD

5 Questions to ask a pregnant mother about a previous delivery

- 1 Did the baby weigh less than 2 kgs at birth?
- 2 Was it a Caesarean delivery?
- 3 Was it a premature baby?
- 4 Was there a miscarriage?
- 5 Was the previous delivery less than 2 years ago?

If the answer is yes to anyone of these questions —
Remember the mother is at risk



SAFE MOTHERHOOD

5 Nos during pregnancy

- 1 No alcohol
- 2 No smoking
- 3 No medicines*
- 4 No X-rays
- 5 No fasting

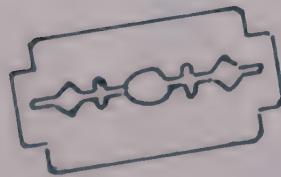
* Except on certain conditions under strict advise of the doctor.



SAME MOTHERHOOD

5 Items in a Delivery Kit

A new razor blade

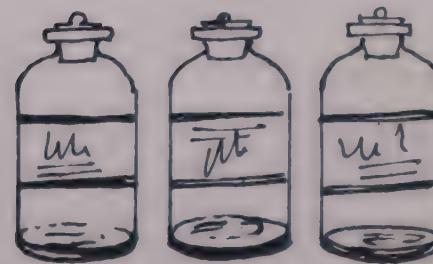


Clean towel/plastic sheet



Cord ties

Soap/alcohol/
gentian violet



Cotton balls/gauz



TIMING OF BIRTH

5 Needs of Today's Girls

- 1 More food
- 2 Better health facilities
- 3 More information/knowledge
- 4 Delayed marriage
- 5 Delayed 1st pregnancy

TIMING OF BIRTH

A second birth too soon –
What happens to the older child

- 1 Breast feeding stops
- 2 Mother has no time to prepare special foods for the child
- 3 Mother has no time to care when ill
- 4 Gets less attention
- 5 Fails to grow and develop



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COMMUNITY HEALTH CELL
326, V Main, I Block
Koramangala
Bangalore-560034
India

TIMING OF BIRTH

A birth too soon— What happens to the Newborn

- 1 May be born too early
- 2 May be underweight
- 3 Less likely to grow adequately
- 4 Likely to fall ill often
- 5 Four times more likely to die in the first year of life



Infant Feeding

Guide to Infant Feeding



1st month Breastmilk



2nd month Breastmilk



3rd month Breastmilk



4th month Breastmilk



5th month Breastmilk and other soft foods

BREAST FEEDING

Breast feeding—5 keywords

- 1 All Mothers can breastfeed
- 2 BEST breast milk is the best possible food
- 3 EARLY Start in the first hour of birth
- 4 As OFTEN as possible
- 5 NEVER bottlefeed



BREAST FEEDING

The best food for an Infant

- 1 Breast milk
- 2 If breastfeeding is not possible, mother's milk squeezed from breast
- 3 If mother's milk is not available, breastmilk from another mother
- 4 If breast milk is not available, non human milk from a clean cup
- 5 If no milk is available, any home-based soft food



INFANT FEEDING

**5 bits of Feeding advice for
the 2nd half of infancy**

- 1 Continue BREASTMILK**
- 2 Feed at least five times a day**
- 3 ADD small amount of extra fat
oil or ghee in child's food**
- 4 VITAMIN A (leaves, vegetables and meat)**
- 5 EXTRA meals after every illness**



CHILD CARE

5 Questions on a Child who is ill

- 1 Is the child eating frequently enough?
- 2 Does the child get enough energy from his meals?
- 3 Is the child frequently ill?
- 4 Is the child given enough Vitamin A?
- 5 Does the child often refuse to eat?



CHILD CARE

As often as you can

- 1 Touch and hold your child
- 2 Talk to your child
- 3 Smile at your child
- 4 Laugh with your child
- 5 Respond to your child and get a response from your child



EARLY STIMULATION

5 Foods for the mind of a child

- 1 Your attention**
- 2 Play**
- 3 Toys**
- 4 Songs and Rhymes**
- 5 Praise/Recognition**



IMMUNISATION

5 Things to tell every PARENT on IMMUNISATION

- 1 Why immunise the child
- 2 When to start immunization
- 3 Where to immunise
- 4 How many times
- 5 When should the parent come next



IMMUNISATION

5 Big Killers of Children

- 1** Diarrhoea
- 2** Pneumonia
- 3** Measles
- 4** Tetanus of the new born
- 5** T.B.





5 Childhood Disablers

- 1** Polio
- 2** Vitamin A Deficiency
- 3** Iodine Deficiency
- 4** Dangerous Delivery Practices
- 5** Accidents

IMMUNISATION

5 Times to immunise a child
in the 1st year

- 1 At birth or soon after (BCG)
- 2 At the age of 1 1/2 months
At DPT/Oral Polio
- 3 At the age of 2 1/2 months;
(DPT/Oral Polio)
- 4 At the age of 3 1/2 months
(DPT/Oral Polio)
- 5 At 9 months (270 days)
(Measles)

IDEAL IMMUNISATION SCHEDULE

FOR THE PREGNANT WOMAN:

Early in pregnancy	T.T. - 1, Injection
After one month	T.T. - 2 or T.T. Booster, Injection

FOR THE CHILD:

At Birth:	B.C.G. Injection
At 1 1/2 Months:	D.P.T.-1 Injection and O.P.V. 1, Dose
At 2 1/2 Months:	D.P.T.-2 Injection and O.P.V. 2, Dose
At 3 1/2 Months:	D.P.T.-3 Injection and O.P.V. 3, Dose
At 9 Months:	Measles Injection
18-24 months	Booster Injection Dose of D.P.T. and O.P.V.

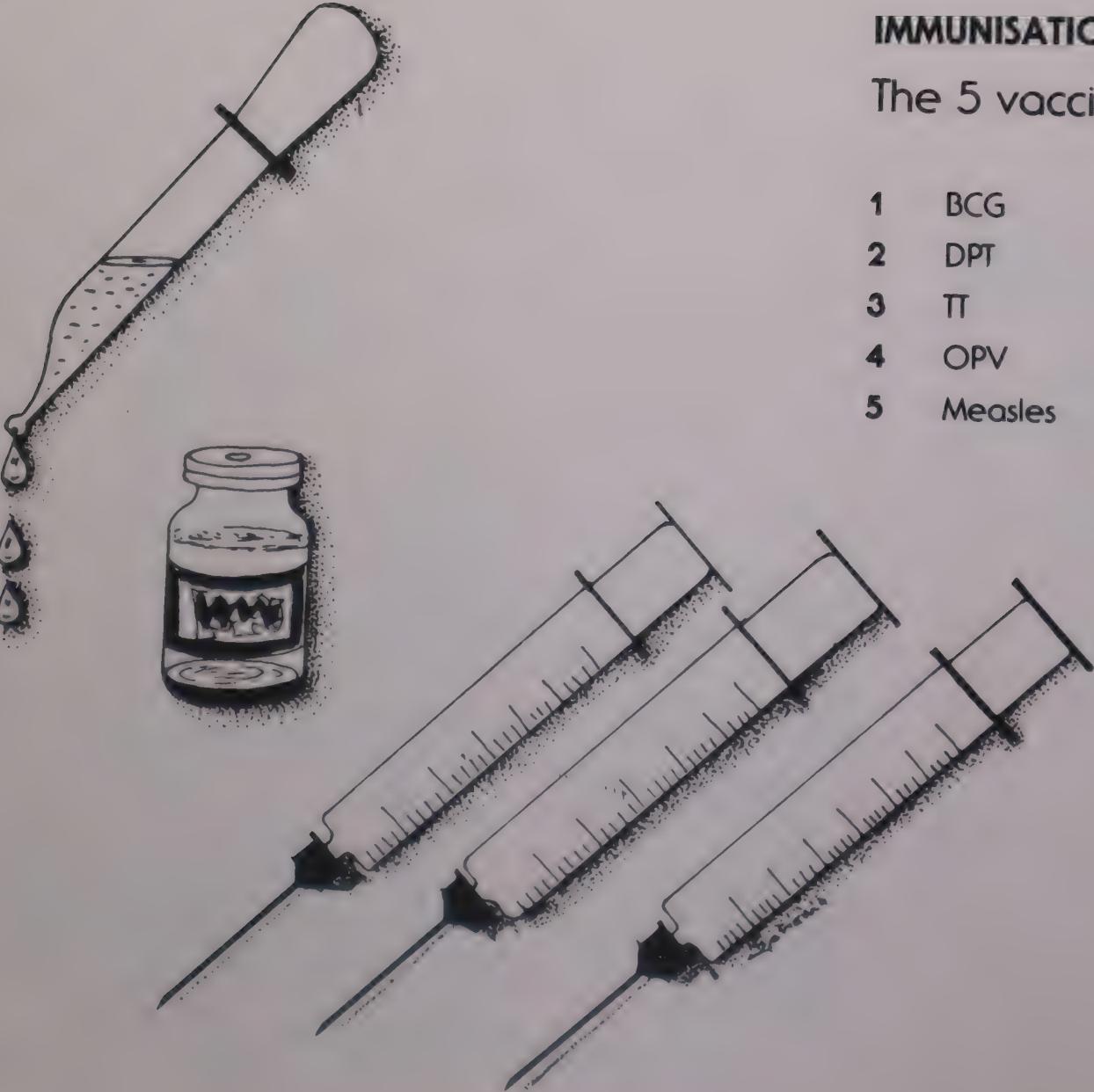
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326, V. Main, 1 Block

Koramangala

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5/2014



IMMUNISATION

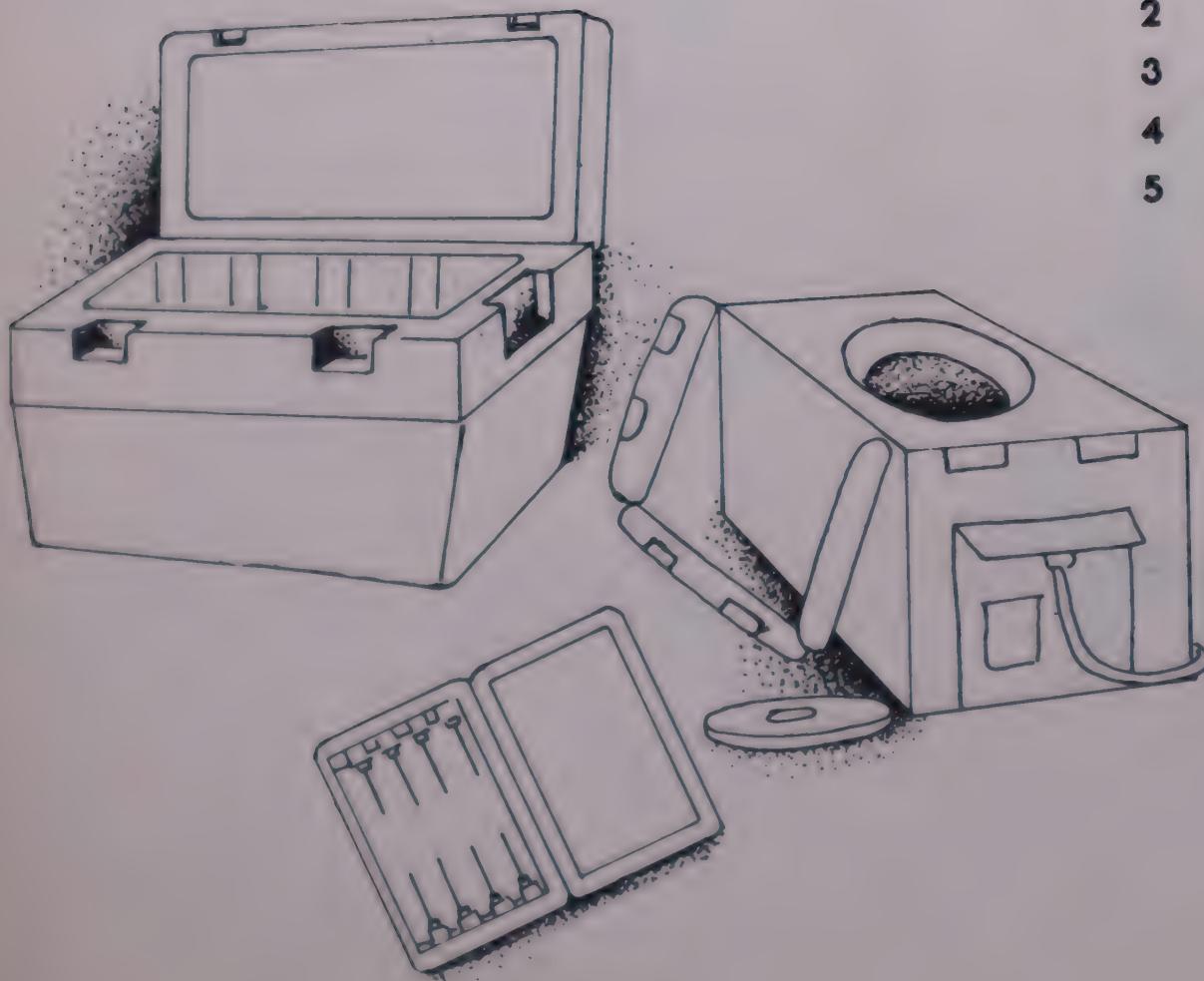
The 5 vaccines for mother and child

- 1 BCG
- 2 DPT
- 3 TT
- 4 OPV
- 5 Measles

IMMUNISATION

5 Elements of a Cold Chain

- 1 Walk-in-coolers
- 2 Deep freezers
- 3 Refrigerators
- 4 Cold Boxes
- 5 Vaccine Carriers



DIARRHOEA

5 things mothers should do about Diarrhoea

- 1** Recognise abnormal stool
- 2** Take action at home by giving frequent fluids.
- 3** Recognise signs of dehydration
- 4** Recognise severe dehydration
- 5** Seek medical help



DIARRHOEA

The Packet 5's

Every mother should be able to:

- 1 Know about ORS Packet
- 2 Procure ORS packet from Health Centres
- 3 Prepare solution correctly
- 4 Administer ORS adequately
- 5 Go to Health Centre if Diarrhoea persists



DIARRHOEA

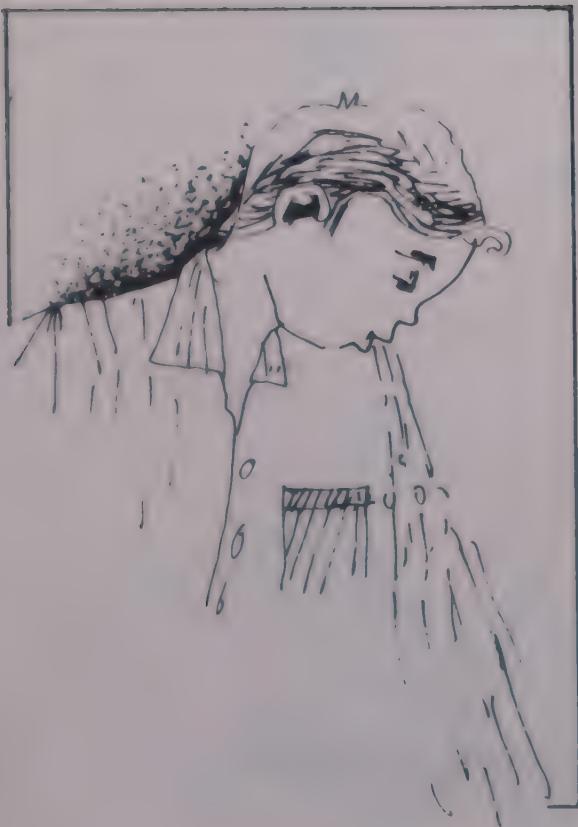
5 signs and symptoms of moderate Dehyderation.

- 1** Watery Stool
- 2** Listlessness
- 3** Loss of appetite
- 4** More than three stools a day
- 5** Sunken Fontanelle in infants



DIARRHOEA

5 signs and symptoms of Severe Dehydration.



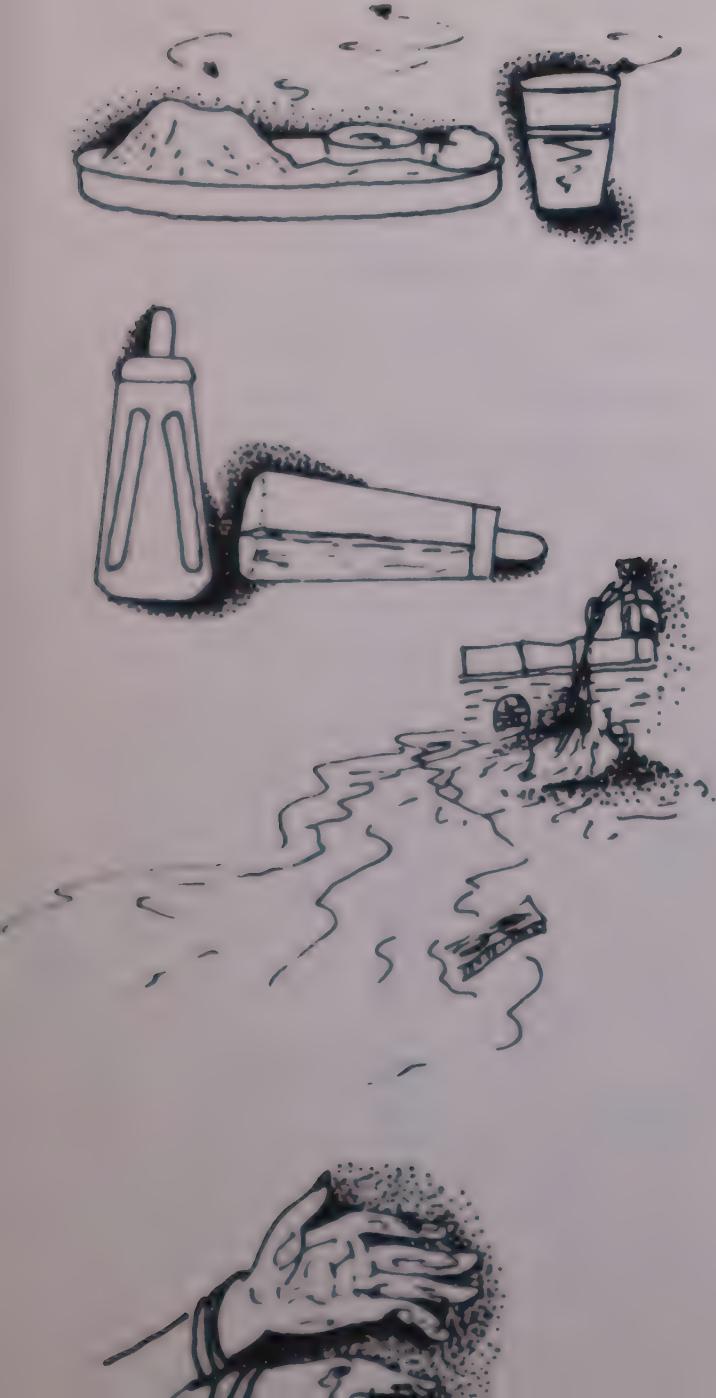
- 1** Sunken eyes
- 2** Dry skin and mouth
- 3** Diarrhoea and vomiting
- 4** Sunken fontanelle
- 5** No urine for more than 6 hours

DIARRHOEA

Diarrhoea: Prevent-5's

- 1 AVOID feeding bottles/rubber/plastic soothers
- 2 KEEP drinking water covered
- 3 DISCARD stale old food
- 4 WASH vegetables before cooking
- 5 WASH and/or PEEL fruits





DIARRHOEA

Diarrhoea: The Germ – 5's

- 1 Feeding bottles
- 2 Uncovered stale food
- 3 Dirty Water
- 4 Stool
- 5 Unwashed hands

DIARRHOEA

The Hand- 5's Wash Hands

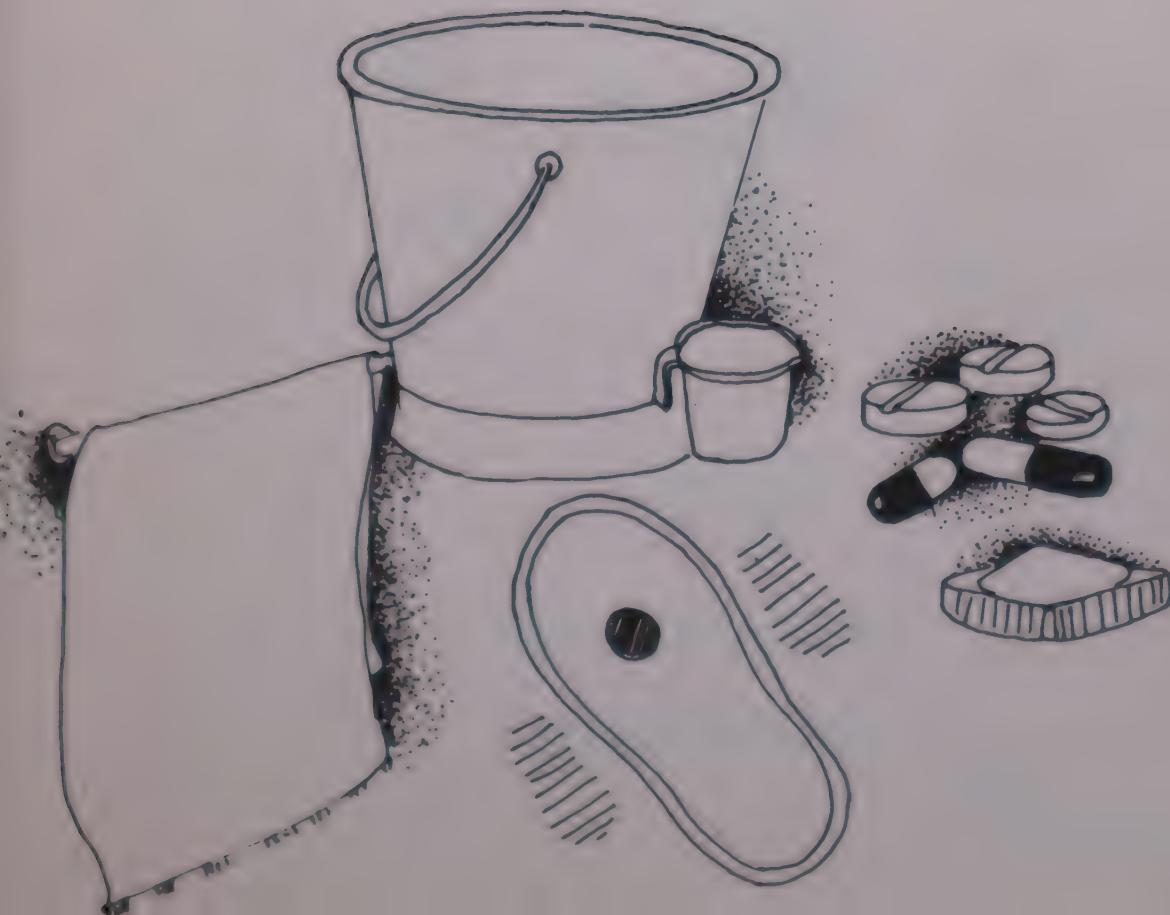
- 1 Before preparing food
- 2 Before feeding children
- 3 Before serving food
- 4 After passing stool
- 5 After cleaning a child's bottom



DIARRHOEA

Clean -5's

- 1 Use water**
- 2 Use soap**
- 3 Use latrine**
- 4 Use towel**
- 5 Use Chlorine tablets**



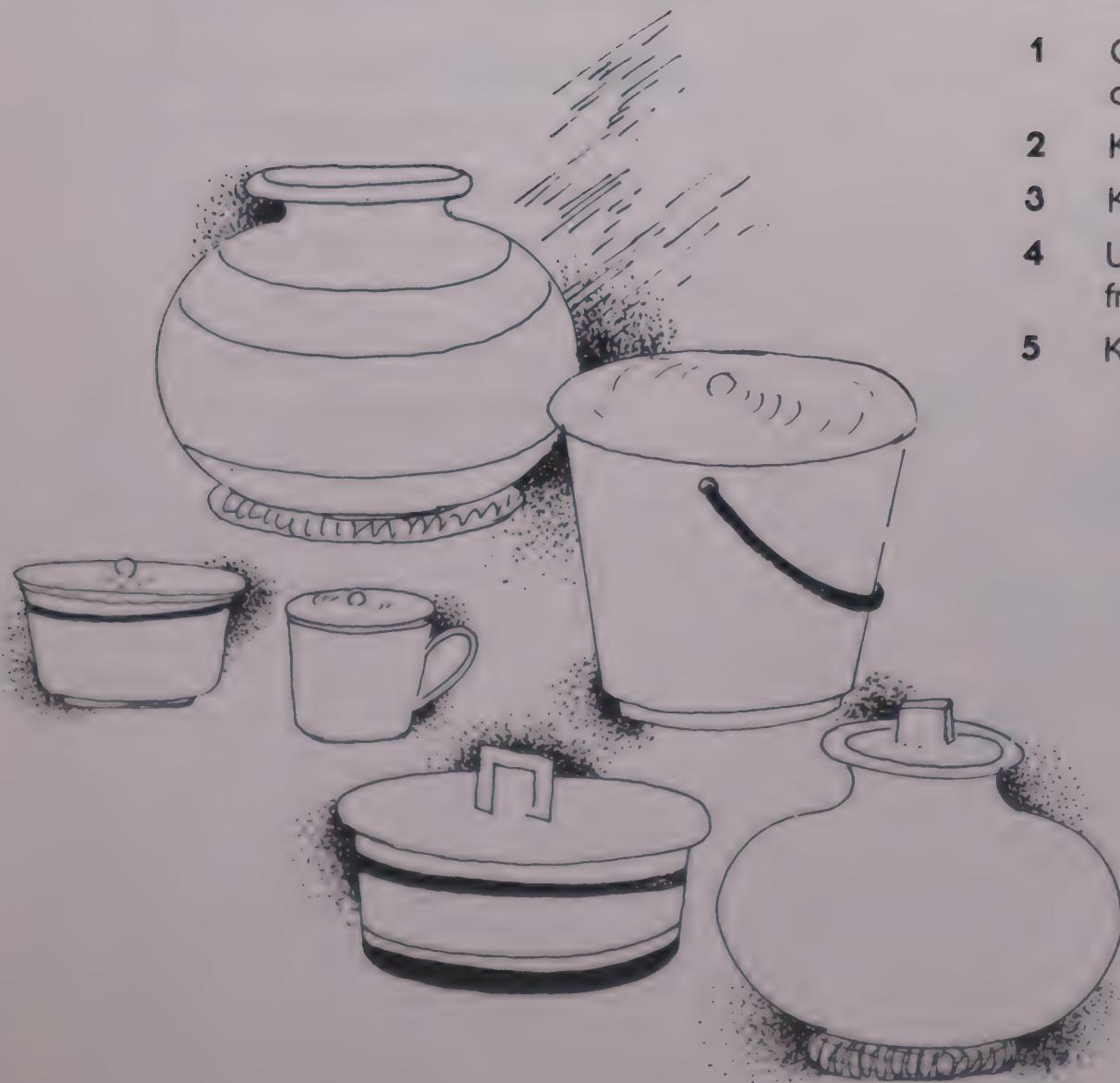
DIARRHOEA

The Warm - 5's

- 1 Cook your food thoroughly
- 2 Eat your food warm, soon after cooking
- 3 Reheat kept food before eating
- 4 Keep kitchen surfaces clean
- 5 Cover food, keep it away from flies and rats



DIARRHOEA



- 1 Cover wells and protect other water sources
- 2 Keep ropes, buckets, jars clean
- 3 Keep water in clean covered container
- 4 Use a clean ladle to take water from a container
- 5 Keep animals out

ACUTE RESPIRATORY INFECTION (ARI)

Coughs/Colds: The danger sings

- 1 Rapid breathing more than 50 per minute
- 2 Chest in-drawing
- 3 Unable to drink anything
- 4 High fever
- 5 Severe persistant cough
and rapid breathing

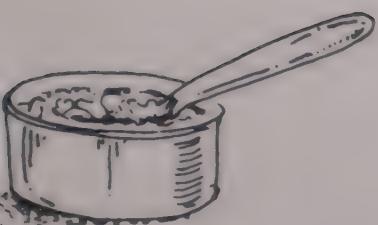


ACUTE RESPIRATORY INFECTION (ARI)

5 Things to do when your child has fever

- 1 Continue feeding
- 2 Give plenty of fluids
- 3 Wrap child lightly
- 4 Clean the child's nose and help in breathing
- 5 Good ventilation





ACUTE RESPIRATORY INFECTION (ARI)

5 Preventive steps for Pneumonia, Coughs, Colds

- 1 Breastfeeding of children under one
 - 2 Nutritious food
 - 3 Vitamin A
 - 4 Immunization of child (DPT and measles vaccine)
 - 5 Stay away from crowded places
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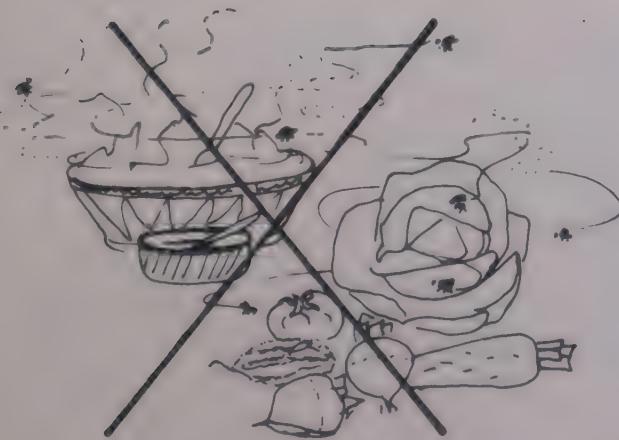
MALARIA

Malaria: 5 Precautions

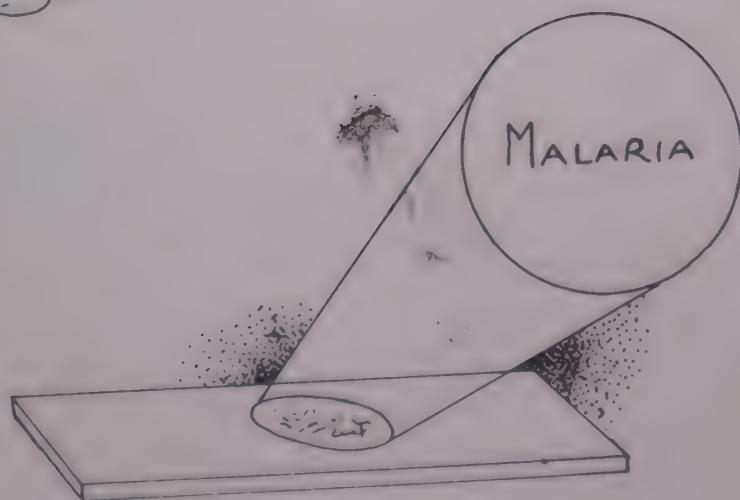
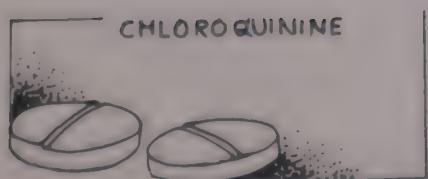
- 1 Use Mosquito nets
- 2 Use Mosquito coils
- 3 Use Screens on windows, doors
- 4 Take Prophylactic doses of Chloroquine
- 5 Keep neighbourhood clean

MALARIA

- 1 Protect yourself from mosquitoes
- 2 Destroy larvae
- 3 Fever test for malaria
- 4 Fluids for recovery from malaria
- 5 Chloroquine



CHLOROQUININE





MALARIA

5 Battles: The Mosquito War

- 1 Spread anti-larval oil on ponds/swamps
 - 2 Drain places where water collects
 - 3 Fill pits
 - 4 Empty tins and cans
 - 5 Clean up neighbourhood
- 

